

**Rainier Beach Pool**  
**SWIMMING LESSONS**  
**April 17-June 18**

**Registration Begins:**  
**Tuesday, March 7, at Noon**  
Online: [seattle.gov/parks](http://seattle.gov/parks)  
In Person: 8825 Rainier Ave S  
By Phone: 206.386.1925

**PARENT & CHILD AQUATICS**

**Ages: 6 months - 4 years**

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

**THREE-YEAR-OLD LESSONS**

**Age: 3 years old**

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

**SCHOOL OF FISH**

**Age: 4-8 years old**

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and life-jacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

**KINDER LESSONS**

**Ages: 4 & 5**

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

**BEGINNING SWIMMER LESSONS**

**Ages: 6 - 16**

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

**ADVANCED SWIMMER LESSONS**

**Ages: 6 - 16**

**Prerequisite:** Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement. Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

**ADULT LESSONS**

**Ages 16 and up**

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

**ADULT STROKE DEVELOPMENT**

**Ages 16 and up**

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

**CLOSURES:**

- Monday, May 29th for Memorial Day

**REFUNDS, WITHDRAWS AND TRANSFERS**

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Times	Dates	# Classes	Cost	Barcode
<b>Parent and Child Aquatics</b> 6 months-4 years old	Monday	10:00-10:30 AM	4/17-6/12	8	\$60.00	163253
		5:30-6:00 PM	4/17-6/12	8	\$60.00	163254
	Tuesday	10:00-10:30 AM	4/18-6/13	9	\$67.50	163255
		6:00-6:30 PM	4/18-6/13	9	\$67.50	163256
	Wednesday	10:30-11:00 AM	4/19-6/14	9	\$67.50	163257
		5:30-6:00 PM	4/19-6/14	9	\$67.50	163258
	Thursday	10:00-10:30 AM	4/20-6/15	9	\$67.50	163259
		6:00-6:30 PM	4/20-6/15	9	\$67.50	163260
	Friday	10:00-10:30 AM	4/21-6/16	9	\$67.50	163261
		5:30-6:00 PM	4/21-6/16	9	\$67.50	163262
	Saturday	9:30-10:00 AM	4/22-6/17	9	\$67.50	163263
<b>3 Year Olds</b>	Monday	10:00-10:30 AM	4/17-6/12	8	\$104.00	163287
		5:00-5:30 PM	4/17-6/12	8	\$104.00	163288
		5:30-6:00 PM	4/17-6/12	8	\$104.00	163289
	Tuesday	10:00-10:30 AM	4/18-6/13	9	\$117.00	163290
		10:30-11:00 AM	4/18-6/13	9	\$117.00	163291
		4:30-5:00 PM	4/18-6/13	9	\$117.00	163292
		6:00-6:30 PM	4/18-6/13	9	\$117.00	163293
	Wednesday	10:30-11:00 AM	4/19-6/14	9	\$117.00	163294
		5:00-5:30 PM	4/19-6/14	9	\$117.00	163295
		5:30-6:00 PM	4/19-6/14	9	\$117.00	163296
	Thursday	10:00-10:30 AM	4/20-6/15	9	\$117.00	163297
		4:30-5:00 PM	4/20-6/15	9	\$117.00	163298
		6:00-6:30 PM	4/20-6/15	9	\$117.00	163299
	Friday	10:00-10:30 AM	4/21-6/16	9	\$117.00	163300
		10:30-11:00 AM	4/21-6/16	9	\$117.00	163301
		5:00-5:30 PM	4/21-6/16	9	\$117.00	163302
	Saturday	9:00-9:30 AM	4/22-6/17	9	\$117.00	163303
		9:30-10:00 AM	4/22-6/17	9	\$117.00	163304
		2:30-3:00 PM	4/22-6/17	9	\$117.00	163305
		3:00-3:30 PM	4/22-6/17	9	\$117.00	163306
	Sunday	10:00-10:30 AM	4/23-6/18	9	\$117.00	163307
<b>Kinder</b> 4 and 5 Years Old	Monday	10:30-11:00 AM	4/17-6/12	8	\$72.00	163271
		4:30-5:00 PM	4/17-6/12	8	\$72.00	163272
		6:00-6:30 PM	4/17-6/12	8	\$72.00	163273
	Tuesday	10:30-11:00 AM	4/18-6/13	9	\$81.00	163274
		5:00-5:30 PM	4/18-6/13	9	\$81.00	163275
	Wednesday	10:00-10:30 AM	4/19-6/14	9	\$81.00	163276
		4:30-5:00 PM	4/19-6/14	9	\$81.00	163277
		6:00-6:30 PM	4/19-6/14	9	\$81.00	163278
	Thursday	10:30-11:00 AM	4/20-6/15	9	\$81.00	163279
		5:00-5:30 PM	4/20-6/15	9	\$81.00	163280
	Friday	10:30-11:00 AM	4/21-6/16	9	\$81.00	163268
		4:30-5:00 PM	4/21-6/16	9	\$81.00	163269
		6:00-6:30 PM	4/21-6/16	9	\$81.00	163270
	Saturday	9:00-9:30 AM	4/22-6/17	9	\$81.00	163282
		10:00-10:30 AM	4/22-6/17	9	\$81.00	163283
		2:30-3:00 PM	4/22-6/17	9	\$81.00	163284
		3:00-3:30 PM	4/22-6/17	9	\$81.00	163285
	Sunday	10:30-11:00 AM	4/23-6/18	9	\$81.00	163281

Class	Days	Times	Dates	# Classes	Cost	Barcode
<b>Family Lesson</b> 4-8 Years Old	Saturday	9:00-9:30 AM	4/22-6/17	9	\$67.50	163340
<b>Beginning Swimmer</b> 6-16 years old	Monday	6:30-7:00 PM	4/17-6/12	8	\$60.00	163317
	Tuesday	5:30-6:00 PM	4/18-6/13	9	\$67.50	163312
		6:30-7:00 PM	4/18-6/13	9	\$67.50	163313
	Wednesday	6:30-7:00 PM	4/19-6/14	9	\$67.50	163314
	Thursday	5:30-6:00 PM	4/20-6/15	9	\$67.50	163315
		6:30-7:00 PM	4/20-6/15	9	\$67.50	163316
	Saturday	10:30-11:00 AM	4/22-6/17	9	\$67.50	163308
		11:30 AM –12:00 PM	4/22-6/17	9	\$67.50	163309
		2:30-3:00 PM	4/22-6/17	9	\$67.50	163310
		3:00-3:30 PM	4/22-6/17	9	\$67.50	163311
	Sunday	10:00-10:30 AM	4/23-6/18	9	\$67.50	163318
		11:00-11:30 AM	4/23-6/18	9	\$67.50	163319
		11:30-12:00 PM	4/23-6/18	9	\$67.50	163320
<b>Advanced Swimmer</b> 6-16 years old	Monday	5:30-6:00 PM	4/17-6/12	8	\$60.00	163322
	Tuesday	6:00-6:30 PM	4/18-6/13	9	\$67.50	163326
	Wednesday	5:30-6:00 PM	4/19-6/14	9	\$67.50	163328
	Thursday	6:00-6:30 PM	4/20-6/15	9	\$67.50	163327
	Friday	6:00-6:30 PM	4/21-6/16	9	\$67.50	163321
	Saturday	11:00-11:30 AM	4/22-6/17	9	\$67.50	163323
		2:30-3:00 PM	4/22-6/17	9	\$67.50	163324
	Sunday	10:30-11:00 AM	4/23-6/18	9	\$67.50	163325
<b>Pre-Competition</b> 6-17 Years Old	Friday	6:00-7:00 PM	4/21-6/16	9	\$135.00	163342
<b>Special Population</b> 6-17 years old	Monday	4:00-4:30 PM	4/17-6/12	8	\$60.00	163344
	Tuesday	4:00-4:30 PM	4/18-6/13	9	\$67.50	163345
		5:30-6:00 PM	4/18-6/13	9	\$67.50	163346
	Wednesday	4:00-4:30 PM	4/19-6/14	9	\$67.50	163347
	Thursday	4:00-4:30 PM	4/20-6/15	9	\$67.50	163348
		5:30-6:00 PM	4/20-6/15	9	\$67.50	163349
		6:00-6:30 PM	4/20-6/15	9	\$67.50	163350
	Friday	4:00- 4:30 PM	4/21-6/16	9	\$67.50	163351
		5:30-6:00 PM	4/21-6/16	9	\$67.50	163352
<b>Adult Lesson</b> 17 years old and up	Monday	11:30-12:00 AM	4/17-6/12	8	\$60.00	163330
		6:00-6:30 PM	4/17-6/12	8	\$60.00	163331
	Wednesday	11:30AM--12:00PM	4/19-6/14	9	\$67.50	163334
		6:00-6:30 PM	4/19-6/14	9	\$67.50	163335
	Friday	11:30-12:00 AM	4/21-6/16	9	\$67.50	163329
	Saturday	11:00-11:30 AM	4/22-6/17	9	\$67.50	163332
	Sunday	11:30 AM - 12:00 PM	4/23-6/18	9	\$67.50	163333
<b>Adult</b> Stroke Development	Tues- Int	8:00-8:45 PM	4/18-6/13	9	\$101.25	163337
	Thurs- Adv	8:00-8:45 PM	4/20-6/15	9	\$101.25	163338
<b>Senior Lessons</b> 50 Years Old and Up	Tuesday	11:30AM-12:00PM	4/18-6/13	9	\$67.50	163336
<b>Diving</b>	Saturday	3:00-3:30PM	4/22-6/17	9	\$67.50	163455

## Women of the World Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment.

Class	Days	Times	Dates	# Classes	Cost	Barcode
<b>TOTS</b> Children aged 6 months- 3 years	Sunday	5:30-6:00 PM	4/23-6/18	9	\$67.50	163266
<b>Kinder</b> Girls aged 4-5 Years Old	Sunday	6:00-6:30 PM	4/23-6/18	9	\$81.00	163449
<b>Beginning Swimmer</b> Ladies aged 6-16 Years Old	Sunday	5:30-6:00 PM	4/23-6/18	9	\$67.50	163451
<b>Women &amp; Teens</b> Ladies 12 Years Old & up	Sunday	6:00-6:30 PM	4/23-6/18	9	\$67.50	163339

*During these programs the windows to the pool are covered for privacy and only female instructors are employed for privacy .*



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



Can you make a donation?  
To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to [www.arcseattle.org/get-involved/](http://www.arcseattle.org/get-involved/). For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

### **Lesson Tips of the Quarter**

#### **Attendance**

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

**Ripple # 1: *It makes sure that every student fits their class.***

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

**Ripple # 2: *The student obtains and retains skills better.***

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

***Happy Swimming!***

### **Do you know a swimmer who needs a scholarship?**

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.